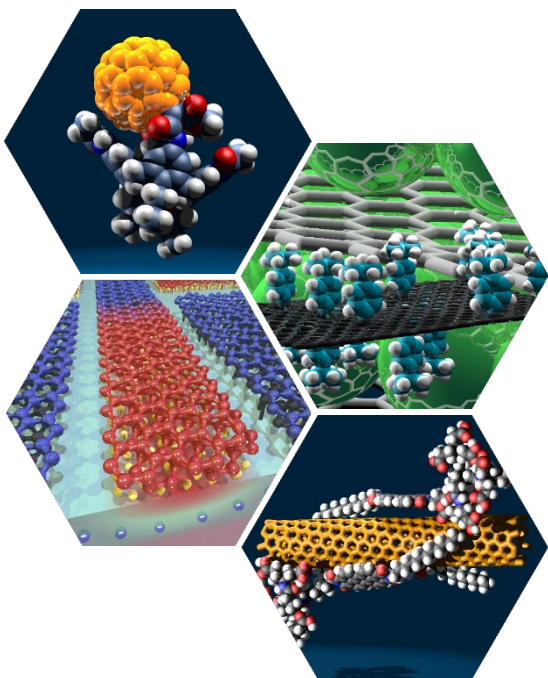# Workshop: Being a scientist with inner confidence



Regardless of their professional achievements, some people are still convinced that they are not competent (enough). Why is that? In the workshop you will learn about the reasons and roots for these uncertainties and get acquainted with methods to cope with them. Often the doubts about your own academic capacity and competence are not based on actual deficits, but on established patterns of thought (destructive perfectionism, impostor self-concept). This is a particularly rele- vant topic in the highly competitive and precarious academic context with its deficit-oriented feedback culture. To recognize that the negative self-assessment has other roots than your own performance can already generate distance and thus relief. In this workshop you will learn how to deal with these obstructive thought patterns in a productive and appropriate way, so that you can carry out your academic work with enhanced composure and confidence in your own skills and capabilities.

## Content

• Perceiving the "inner critic", uncertainties and self-doubt.

• Understanding why these self-doubts have nothing to do with your own performance.

• What is the so-called "impostor self-concept"?

• Productive and destructive perfectionism - when is good "good enough"?

• The importance of dealing appropriately with success and failure.

• How do I constructively overcome obstructive thought patterns?

## Coach

As coach and trainer Dr. Wiebke Deimann supports people in academia with their professional and personal development. She is certified in Systemic Coaching and Change Management and trained in ACT (Acceptance and Commitment Therapy). After a PhD in Medieval History she was a post- doctoral researcher at several German Universities. Wiebke Deimann is based in Brühl (Rhineland), where she lives with her family.

**17ᵗʰ September 2021**

**9:00 pm – 7:00 pm**

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